

**LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
QUALITY IMPROVEMENT DIVISION**

AMERICAN INDIAN/ALASKA NATIVE (AI/AN) UsCC SUBCOMMITTEE MINUTES

October 3rd, 2018
2:00 p.m. – 4:00 p.m.
UAll

Present: Farrah Ferris, Keith Vielle, Andrea Garcia, Monique Castro, Deborah Villanueva, Carrie Johnson, Marissa Abril, Danielle Kayne-O’Gilvie, Adrianna Carrillo, Sunnie Whipple, Bernice Mascher, Stephanie Flores, Charlotte Lujan, Kelly Wilkerson, Mirtala Parada Ward

By Phone: Belinda Smith, Melanie Cain, Angela Trenado, Sylvia Youngblood, Monique Smith, Dan Dickerson

Agenda Items	Comments/Discussion/Recommendations/Conclusions
Welcome/ Introductions	Attendee introductions
Review of minutes	August 2018 meeting minutes approved – Farrah Ferris requested that the projection for the budget be included
Announcements	<ul style="list-style-type: none"> • Indigenous Peoples Day taking place on 10/8/18 • Keith Vielle and Farrah Ferris announced regarding events taking place
YourDMH Feedback Request	<ul style="list-style-type: none"> • Mirtala shared the YourDMH Proposal with subcommittee and requested that subcommittee members email feedback regarding this proposal by 10/12/18
SLT Update	<ul style="list-style-type: none"> • Sunnie Whipple shared regarding the recent SLT meeting where the YourDMH Proposal was shared • Sunnie recommended that the subcommittee review this document together and make suggestions, even in a meeting separate from the regular UsCC subcommittee meetings
Capacity Building Projects- Discussion	<p>Previous Capacity Building Project Ideas:</p> <p><u>Community Symposiums</u></p> <p>Host three to four smaller (100 guests at each) community symposiums/forums. One could be at the Cal Endow on 1/17/19 since we have that date reserved, another could be in Service Area 1, a third in Service Area 8, and a fourth in Service Area 7. For these community forums, we could focus on specific topics like depression across the generations, substance abuse, suicide, youth, community empowerment, etc.</p> <ul style="list-style-type: none"> • Some possible outcomes for the forums: A call to action where the attendees are empowered to go out into their community and educate others regarding what they learned; Increase the membership of the UsCC subcommittee; Engage more consumers to attend the larger conference we would host in November 2019; Survey the attendees of the forums (community members and consumers) and hear from them what are good topics to focus on at the larger conference in November; Invite the attendees of the forum to open the conference in 2019 and also participate as

panelists or presenters.

60-second PSAs

Aired on the radio, television, and any social media platform.

- Possible Topics: Intergenerational trauma/historical trauma (people say “that’s not a real thing”) – begin to build buy in and reference other forms of trauma in other communities – allow others to see our similar experiences and how we are all in this together (i.e. Cambodian, Armenian, Jewish, Tuskegee experiment, etc.); Colonization; Invisibility – show different Native American people and have them say their tribe, maybe they do not “look” Native, it will bring awareness; Talk about language/communication and how there are no curse words – this is how we were raised, how we learned curse words from others cultures; Say the words for suicide or trauma or pain in different tribal languages; Stereotypes (i.e. we were not scalpers, mascots, drunken Indian, etc.); Historical heroes (Navajo talkers, Eloise Vielle, etc.); Sexual health.

Website and Social Media Project (proposed by Monique Castro at August meeting)

- Description: Develop a website and social media platform for the American Indian/Alaska Native community that will allow community members to easily access wellness resources. Through a website and interconnected social media presence, we are able to offer an array of vital information and resources to the community that is easily accessible and centralized.
- Objective: Is to increase access and awareness to wellness services that are culturally inclusive and competent in Los Angeles County and to increase the visibility of American Indian / Alaskan Native, resources for consumers, community members, educators and other professionals and to increase the awareness about challenges affecting our community including homelessness, suicide, substance abuse and other disparities. Also would bring awareness to our subcommittees so we can get more people to attend our meetings, and to be a part of all the planning process of our conferences. Overall a place to get all this information.
- Purpose: The Purpose of this project is to ensure the American Indian/Alaska Native community has access to information and resources that will increase their overall well-being (including their mental, emotional, spiritual, and physical health).

American Indian / Alaska Native Professional Development Program (proposed by Monique Castro at August meeting)

- Description: This project will specifically support the professional and leadership development of American Indian/Alaska community members, students, paraprofessionals, and pre-licensed therapists who are interested in the field of mental health. The program will provide on-going support, resources, and tools, such as; workshops, trainings, groups, and access to mentors. The program will help increase the number of American Indian/Alaska Native mental health providers who provided services in a culturally inclusive and Indigenous grounded way.
- Objective: To increase the interest and retention of the American Indian / Alaskan Native community members and students along with Health Professionals and pre-licensed therapist seeking a career in the field of Mental Health and to increase the number of American Indian / Alaskan Native Mental Health providers serving our community and various professional settings and to work with various organizations and institutes to be connected to through resources. Increase the American Indian / Alaskan Native subcommittee membership.
- Purpose: The purpose of this project is to increase the number of American Indian/Alaska Native professionals in the

field Mental Health.

New Capacity Building Projects Presented:

Giving Spirits Project – GSP/Community Ambassadors (presented by Deborah Villanueva)

- Description: To bring together a committee of Native Elders as community ambassadors to mediate and provide support to incarcerated Native Youth in an urban setting within Southern California.
- Objective: Increase connection to Native traditions, rituals, and cultural awareness; Increase Native Pride, self-esteem, a sense of belonging, and community building; Increase the access and utilization of post-decarceration mental health services, educational and vocational opportunities, housing, medical, and other services available to them; Increase awareness of the challenges affecting Native Youth and their communities, as to decrease crime, substance use, suicide, homelessness and recidivism.
- Purpose: The purpose of this project is to support the incarcerated Native Youth by utilizing the wisdom of Native Elders as they give the spirit of knowledge and traditions and the Native Youth receiving the spirit of strength and hope in order to reintegrate into their communities.
- Recommendations from subcommittee: Include an element on how to outreach to the service providers at the probation department and detention centers; Incorporate parents and families; Consider providing training to the elders; Also include the two-spirit community.

Equine-Assisted Psychotherapy Program Development (presented by Danielle Kayne-O’Gilvie)

- Description: Development of a program for Los Angeles County for equine-assisted therapy using the evidence-based EAGALA model, to supplement the current mental health services being provided. The program will include training of licensed mental health clinicians who will work alongside an equine specialist at EAGALA certified locations in Los Angeles county to provide an experiential, client-centered, culturally-focused and solution-driven form of treatment.
- Objective: To offer training and create a program for mental health providers throughout Los Angeles County to offer to the American Indian/Alaskan Native community an alternative or adjunct to mental health services already being offered in an effort to engage community members in mental health services, using a human-animal relationship, that may not be accessed due to stigma or treatment options that are not culturally-appropriate.
- Purpose: Animal-assisted therapy provides a different form of treatment than the mental health services that are typically offered by Department of Mental Health providers and can engage people who do not feel comfortable and/or find helpful the conventional and Western forms of therapy. Research shows that animal assisted therapy can provide a reduction in mental health and physical health disorders.
- Recommendations from subcommittee: Conceptualize it as a training/professional development project as a way to increase engagement/outreach; Training for peers, case managers, resource staff; Be sure to think about the insurance and liability.

A Video Showcase: American Indian Counseling Center (presented by Keith Vielle and Marissa Abril)

- Description: Exhibit and promote a video film about the American Indian Counseling Center, a Los Angeles County run Mental Health clinic. It will showcase the various programs and services the clinic has to offer to the Native American/Alaskan Native community. This video will cultivate interest and promote the culture.

	<ul style="list-style-type: none"> • Objective: Promote the services to the community; Increase awareness and interest in availing the services; Elaborate on the center’s process and exhibit results/success; Enlarge the number of NA/AI the center is servicing. • Purpose: The purpose of this video showcase is to extend to the community the many resources and information available to them. The video will exhibit the process and results of the program, thereby strengthening the ties that bind the community. • Recommendations from subcommittee: Showcase all of the Native specific agencies and providers; Post videos on YouTube/social media; Play video in clinic waiting rooms. <p><u>Interactive Learning with Indigenous Elders on Pertinent Health Issues (proposed by Michelle Enfield-not available to present)</u></p> <ul style="list-style-type: none"> • Description: DMH will educate seven identified elders in 4 quadrants of L.A. County (NE, SE, SW, NW) on pertinent health issues affecting indigenous communities chosen by the UsCC subcommittee, while simultaneously gaining cultural education from elders on topics also identified by the UsCC subcommittee. DMH will utilize a complete list of California Indigenous Nations and will recruit seven elders from seven different tribes if applicable. Four meetings will be held in each quadrant to discuss topics presented by UsCC and any other topics that emerge from the elder groups based on the concept of the medicine wheel. A total of 16 meetings will be held. All meetings will be facilitated by DMH staff and at least one community member. Elder Meeting data review process begins following completion of 16 elder meetings. One large conference will be held with objectives to educate community members on statistics/education from list and for elders to relate DMH education to traditional stories and teachings which will enhance the transmission of information in a cultural comprehensive manner. • Suggested broad topics can include: Emotional, Mental, Physical and Spiritual <ul style="list-style-type: none"> ○ Emotional: Types of Attachment (ambivalent, etc.); Depression; Domestic Violence (straight and LGBT). ○ Mental Health: Suicidality (developmental stages, shame, etc.); Familial support for/during Alzheimer’s. ○ Physical: STD; HIV/AIDS ○ Spiritual: Two Spirit; Historical Trauma Resiliency (music, art, social justice organizing, etc.)
Next Meeting	Meeting adjourned at 4:10pm Next Meeting TBD